



Poached Pears in Raspberry Wine

Makes 8-10 servings

1 750-ml bottle dry red wine (I use a Sweet Raspberry Wine from Rockridge Farms)

2 1/4 cups sugar

2 cups water

1/2 cup orange juice

2 teaspoons grated orange peel

1 teaspoon ground cardamom

1 1/2 inch fresh ginger root, sliced

1 cinnamon stick

8 firm but ripe pears, peeled, stems left intact

1 pint vanilla ice cream (I use Husky Deli Vanilla)

Lemon thyme garnish

Cut a small slice off the bottom of the pear to allow it to stand. Peel and core if using whole. If using halves, slice in half and take out the core with a melon baller.

In a large heavy bottomed saucepan, combine the liquid and spices over medium high heat. When sugar is dissolved, lower heat so mixture is simmering and add the pears. Simmer pears in the liquid until they are soft when pierced with a wood skewer or your pairing knife. Mini seckle pears will take about 15 minutes and larger pears up to 25 minutes or so. Using a slotted spoon, transfer pears to plate.

Now reduce the liquid by boiling in the saucepan until it is reduced to about 3 cups, about 20 minutes.

Make ahead note: The pears can be make 1-2 days in advance. Cover and chill pears in poaching liquid. You may serve warm or cold.

For serving: Arrange pear or pear half on plate or in bowl, add a scoop of ice cream. Drizzle with the reduced poaching liquid. Garnish with orange peel strips and sprigs of lemon thyme.

Recipe adapted to local ingredients by Naomi Kakiuchi, RD, CD, CCP, NuCulinary
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